

## Children's Mental Health Week 7th - 13th February 2022

We are taking part in Place 2Be Children's Mental Health Week from the 7th to the 13th of February 2022 which is an opportunity to shine a spotlight on the importance of children's mental health.

This year's theme is *Growing Together*. Human beings change and grow - we do it all the time and in many different ways. Physical growth is easy to see as we grow from babies to children, teenagers to adults.

*Growing Together* is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

During this week we will be encouraging children (and adults) to consider how they have grown, what they need to help them grow, and how they can help others to grow too. The following video explains more about the theme:

### [Growing Together Children's Mental Health Week](#)

The school will be taking part in the following ways:

- The Wellbeing Ambassadors will be doing a video clip to introduce the week
- The launch 'The Drop In' which will be a Wednesday lunchtime time slot designated to any children who have any worries that they want to talk to me about in The Nest (the school's new 'Wellbeing Room')
- Wednesday - 'Dress to Express' - the children can wear colourful socks/ tights which express themselves.
- 'Growing Together' virtual assembly from Place2Be
- 'Growth stories' - familiar faces from the world of TV, music and sport have shared their stories of emotional growth with us (including Andy Lewis who has visited our school)
- The Y4s and Y5s will be taking part in an activity day at Viney Hill on Friday, 11th February which includes the '5 Ways to Wellbeing'
- Each child will have a badge which they can make and wear during the week, which will be based on one of the '5 Ways To Wellbeing'
- During the week each class will take part in lessons on Mental Health and Wellbeing

We look forward to an exciting week!

Miss Sprawson PSHE & Wellbeing Lead